

**George Mason University**  
**College of Education and Human Development**  
**Physical Activity for Lifetime Wellness**

RECR 187.004 – Yoga: Intermediate  
1 Credit, Spring 2019  
M/W 3:00 pm - 4:15 pm/RAC 2201 Fairfax Campus

**Faculty**

Name: Dena Jensen, M.Ed., E-RYT 200  
Office Hours: By Appointment  
Office Location: RAC 2201  
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**Prerequisites/Corequisites**

RECR 186 or Permission of the Instructor

**University Catalog Course Description**

Emphasizes mastery of yoga asanas (postures) and pranayama (breathing techniques) to enhance physical fitness and mental concentration. Focuses on 10 new yoga poses and practice of the complete Sun Salutation.

**Course Overview**

Readings, lectures, demonstrations and class participation will be used to analyze the practice of yoga asana and yoga philosophy.

- Students with injuries or pre-existing conditions that may affect their participation must inform the instructor.
- Students with specific medical conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practice.
- All communication will be through GMU e-mail (Patriot Web Site).
- Students are required to bring their own yoga mat to class.
- Comfortable stretch clothing is required. No street clothes may be worn.
- Please arrive 5-10 minutes before class start time to set up your practice space. We will begin practice promptly at 3:00. It is not safe to join practice late. Arriving to class on time is part of your participation requirement.

**Course Delivery Method**

This course is an activity course.

**Learner Outcomes or Objectives**

At the conclusion of this course, students should be able to:

1. Demonstrate at least 25 asanas, including proper alignment.
2. Identify the poses and demonstrate proficiency in the “Sun Salutation” (Surya Namaskar).

3. Classify asanas as to their types.
4. Name benefits and contraindications of asanas.
5. Develop proficiency in the practice of three types of pranayama.
6. Define the “limbs” of the “Eightfold Path” outlined in Patanjali’s Yoga Sutras.

### **Professional Standards**

N/A

### **Required Texts**

None

**Readings will be made available online via Blackboard from various sources listed below:**

Adele, Deborah. *The Yamas and Niyamas*. Duluth, Minnesota: One-Word Bound Books LLC, 2009. Print.

Burgin, Timothy. “Learn About Yoga.” *Yoga Basics*, [www.yogabasics.com/learn/](http://www.yogabasics.com/learn/). 14 Aug. 2017.

Ferretti, Andrea. “A Beginner's Guide to the Chakras.” *Yoga Journal*, 30 July 2014, [www.yogajournal.com/practice/beginners-guide-chakras](http://www.yogajournal.com/practice/beginners-guide-chakras).

Feuerstein, Georg and Bodian, Stephanie. *Living Yoga*. New York, NY: Penguin Putnam, Inc. 1993. Print.

Kempton, Sally. “Getting to Know You: The Five Koshas.” *Yoga Journal*, 9 October 2009, <https://www.yogajournal.com/yoga-101/getting-know>

Roa, Ram. “The Fifth Branch of Yoga: Pratyahara.” *Yoga For Healthy Aging*, 29 Oct. 2014. [www.yogaforhealthyaging.blogspot.com/2014/10/the-fifth-branch-of-yoga-pratyhara.html](http://www.yogaforhealthyaging.blogspot.com/2014/10/the-fifth-branch-of-yoga-pratyhara.html). 15 Oct. 2017

Roa, Ram. “The Fourth Branch of Yoga: Pranayama.” *Yoga For Healthy Aging*, 15 Sept. 2014. [www.yogaforhealthyaging.blogspot.com/2014/09/the-fourth-branch-of-yoga-pranayama.html](http://www.yogaforhealthyaging.blogspot.com/2014/09/the-fourth-branch-of-yoga-pranayama.html). 15 October. 2017

Roa, Ram. “Samyama: The Trinity of Dharana, Dhyana, and Samadhi.” *Yoga For Healthy Aging*, 15 Dec. 2014. [www.yogaforhealthyaging.blogspot.com/2014/12/samyama-trinity-of-dharana-dhyana-and.html](http://www.yogaforhealthyaging.blogspot.com/2014/12/samyama-trinity-of-dharana-dhyana-and.html). 15 October. 2017

Roa, Ram. “The Third Branch of Yoga: Asana.” *Yoga For Healthy Aging*, 13 August 2014. [www.yogaforhealthyaging.blogspot.com/2014/08/the-third-branch-of-yoga-asana-being-in.html](http://www.yogaforhealthyaging.blogspot.com/2014/08/the-third-branch-of-yoga-asana-being-in.html). 15 Oct. 2017

## Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

- **Assignments and/or Examinations**

**Class Participation (75 points)** Daily attendance and participation required. Students will demonstrate proficiency in asana and pranayama.

5 points will be given each day with a deduction of 1 point for each five-minutes that a student is late. Attendance/Participation score will be the number of points a student gains each day. Absences are excused with a doctor's note or preapproved by the instructor. Phone calls, emails, and texts do not excuse an absence. Doctor notes must be submitted immediately upon return to class or scanned and emailed immediately.

\*\*One letter-grade will be deducted for two unexcused absences or for classes not made up at Sun & Moon Yoga Studio in a timely manner (within one week of missed class or other **agreed upon timeframe between professor and student**).

- Students have the opportunity to make up no more than TWO classes due to absence. Make-up classes must be accompanied by a journal entry (write up of your experience) to be submitted via Blackboard. Students should complete the make-up practice within one week of the class they missed.

- Make-up Details:

- First missed class may be made up at Sun & Moon Yoga at either the Fairfax (9998 Main Street, Fairfax VA 22031) or Arlington (3811 Lee Highway, Arlington VA 22207) location free of charge. Tell them you are a "first class free" student when you arrive.
- Second class may only be made up at Sun & Moon Yoga's Fairfax location (9998 Main Street, Fairfax VA 22031) on Saturday at either 9:15 a.m. or 10:45 a.m.

**Journal Writings (35 points; 7 entries worth 5 points each)** Students will complete journal entries of 100 words or more reflecting on topics read in required reading via Blackboard. Journals are assigned on the first class meeting of the week and due before the next class meeting (by 3 p.m.). Journal entries are submitted through Blackboard and should be reflective in nature. Points will be deducted for late assignments.

**Final Quiz (20 points)** Students will have access to the final quiz via Blackboard during the last week of class.

Total Points 130

• **Letter Grade Ranges** based on percentage of 130 points

A	= 94 –100	B+	= 88 –89	C+	= 78 –79	D	= 60 – 69
A-	= 90 –93	B	= 84 –87	C	= 74 –77	F	= 0 – 59
		B-	= 80 –83	C-	= 70 –73		

### **Professional Dispositions**

See <https://cehd.gmu.edu/students/polices-procedures/> .

## Class Schedule

Date	Topic	Category of Pose	Asana and Pranayama Practice	Assignment
Mon 3/18	Overview of Course Content and Expectations		Review Sun Salutation (Surya Namaskar) Shavasana	Read <i>The Major Branches of Yoga</i> and <i>Hatha &amp; The Eightfold Path</i>
Wed 3/20	Timeline of Yoga 8 Limbs of Yoga (Classical Yoga)	Standing	Warrior 1 & 2, Side Angle, Triangle, Chair Complete Breath Shavasana	<b>Journal due today by 3 p.m.</b>
Mon 3/25	Benefits & Contraindications of Backbends	Intermediate Backbends	Upward Facing Dog, Locust Shavasana	Read <i>The Yamas and Niyamas</i> (p. 12-19)
Wed 3/27	1st & 2nd limbs: Yamas and Niyamas	Intermediate Backbends	Camel, Bow, Reclined Hero Pose, Wheel Shavasana	<b>Journal due today by 3 p.m.</b>
Mon 4/1	Benefits & Contraindications of Balance	Intermediate Balance	Warrior 3, Dancer Alternate Nostril Breathing Shavasana	Read <i>YFHA</i> Blog posts: <i>The Third Branch of Yoga: Asana</i> AND <i>The Fourth Branch of Yoga: Pranayama</i>
Wed 4/3	3rd & 4th limbs: Asana and Pranayama	Intermediate Balance	Extended Big Toe, Half Moon Shavasana	<b>Journal due today by 3 p.m.</b>
Mon 4/8	Benefits & Contraindications of Forward Bends	Intermediate Forward Bends	Big Toe, Standing Split Breath Retention Shavasana	Read <i>YFHA</i> Blog posts: <i>The Fifth Branch of Yoga: Pratyahara</i> AND <i>Samyama: The Trinity of Dharana, Dhyana, Samadhi</i>
Wed 4/10	5th-8th limb: Pratyahara, Dharana, Dhyana, and Samadhi	Intermediate Forward Bends	Pyramid, Seated Forward Bends Brahmari Breath Shavasana	<b>Journal due today by 3 p.m.</b>
Mon	Benefits &	Intermediate	Revolved Triangle	Read <i>Getting to Know</i>

4/15	Contraindications of Twists	Twists	Shavasana	<i>you: The Five Koshas</i> by Sally Kempton
Wed 4/17	Koshas	Intermediate Twists	Seated Twists Shavasana	<b>Journal due today by 3 p.m.</b>
Mon 4/22	Benefits & Contraindications of Lateral Bends	Lateral Bends	Triangle Variations, Gate, Extended Side Angle Shavasana	Read <i>Beginner's Guide to the Chakras</i> by Andera Ferretti
Wed 4/24	Chakras	Lateral Bends	Reverse Warrior, Side Plank, Revolved Head-to-Knee Shavasana	<b>Journal due today by 3 p.m.</b>
Mon 4/29	Benefits & Contraindications of Inversions	Inversions	Half Handstand Shavasana	Read Essays on Blackboard: <i>Secrets of Sequencing</i> by Donald Moyer & <i>Developing Your Own Yoga</i> by Hart Lazer
Wed 5/1	Review for Quiz Class Evaluation		Home Practice	<b>Journal due today by 3 p.m.</b>
Mon 5/6	Restorative Yoga and Relaxation		Restoratives, Yoga Nidra, Meditation	

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

## Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

## GMU Policies and Resources for Students

### *Policies*

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>)
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- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

### *Campus Resources*

- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .**